



Butternut Squash "Rotini" with Sage Brown Butter

Servings

4

Calories

190

Prep Time

10 minutes

Total Time

30 minutes

Skill Level

Easy

Ingredients

- 1 (10 ounce) package Mann's Butternut Squash "Rotini"
- ¼ cup unsalted butter
- ½ cup sage leaves, loosely packed fresh
- 1 cup onion, sliced
- 1 ½ teaspoons salt
- ¼ cup dried cranberries



The Method

Melt butter in a large saute pan over medium heat. Add sage leaves. Stirring frequently, fry sage until leaves are crisp. Transfer leaves to a paper towel and set aside. Add onions to the pan; saute until soft. Add Butternut Squash "Rotini," salt and cranberries. Cook until butternut squash is tender, about 4 minutes. Garnish with fried sage leaves.

Nutrition Facts

Serving Size: 142g | Servings: 4

Amount Per Serving

Calories 190 | Calories from Fat 100 | Total Fat 12g (sat fat 7g trans 0g) | Cholesterol 30mgm | Sodium 5mg | Total Carbohydrate 22g | Dietary Fiber 3g | Sugars 11g | Protein 1g | Vitamin A 190% | Vitamin C 35% | Calcium 8% | Iron 4%